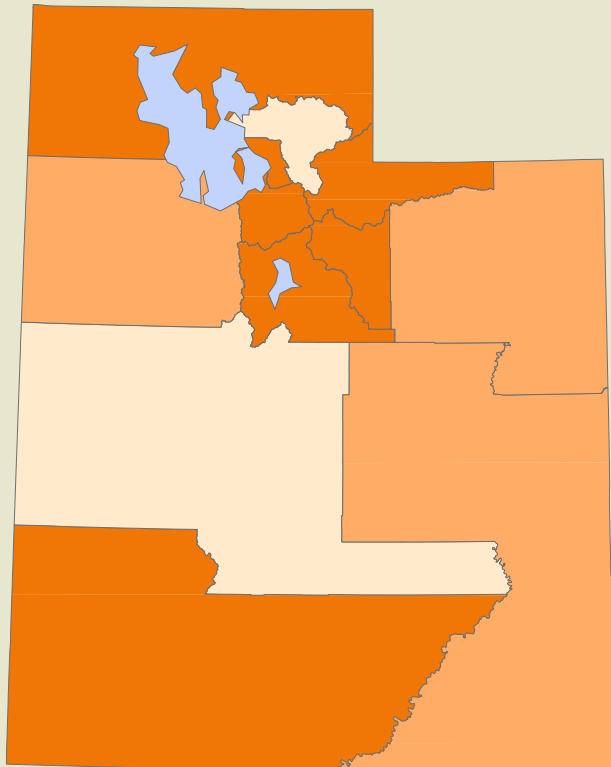


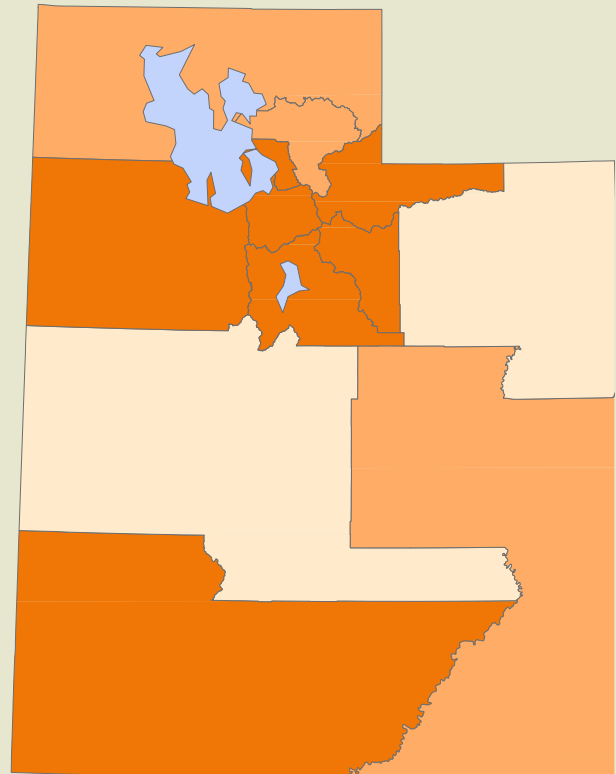
Utah Adult Daily Fruit Consumption (2 or More Servings) Rates by Local Health District Over Time

2000



State Rate 31.6% (CI: 29.4%, 33.9%)

2009



State Rate 31.5% (CI: 30.3%, 32.7%)

Legend

- 20% to 24%
- 25% to 29%
- 30% to 35%
- Utah Lakes

General Observations:

- The state rate for adults eating two or more servings of fruits daily has not changed from baseline (2000) to 2009.
- In 2009, Central Utah Local Health District (LHD) (24.7%) and TriCounty LHD (23.9%) had daily fruit consumption rates significantly below the state rate.
- In 2009, Davis County LHD (30.3%), Salt Lake Valley LHD (32.4%), Southwestern Utah LHD (32.3%), Summit County LHD, (33.5%), Tooele County LHD (31.6%), Utah County LHD (34.8%), and Wasatch County LHD (33.2%) had daily fruit consumption rates above 30%, but these rates were not statistically different from the state rate.

Healthy People 2010 Target: 75%

Source: Utah BRFSS age-adjusted rates, 2000 and 2009.

Serving: 1 medium piece; 1/2 cup fresh, frozen, or canned; 1/4 cup dried fruit; or 1/2 cup juice.

Note: For 2009, unless otherwise noted above, LHD rates were not significantly different from the state rate. CI: confidence interval

